SACRED HEART CATHOLIC PRIMARY SCHOOL& NURSERY

Learning and loving with Christ as our teacher

PRAYER AT HOME

Dear Parents and Carers,

Welcome to our "Prayer at Home" resource, designed to support parents in praying with their children as they prepare to start a new school year. This resource is designed to be easily followed, allowing families to create a moment of prayer together amidst their busy lives.

Prayer is a powerful way to invite God's guidance, wisdom and protection into our children's lives. By offering this support, we encourage and enable families to continue practising prayer beyond the school setting, nurturing a sense of spirituality within the home.

Through these reflections and prayers, we hope to promote a spirit of faith, trust and gratitude within your family as you embark on this new school year together.

Mrs Linda Payne
Executive Headteacher

Gather Together

1. Find a quiet space and sit together.
2. Begin by making the sign of the cross.



Listen

3. Read the following scripture quote from Jeremiah.



Jeremiah 29:11 ~ "For I know the plans I have for you, declares the Lord, plans to bring you prosperity and plans to bring about the future you hope for."

SACRED HEART CATHOLIC PRIMARY SCHOOL& NURSERY

Learning and loving with Christ as our teacher

PRAYER AT HOME

Reflect

4. Spend a moment reflecting on the scripture message.

This verse reminds us that God has a special plan for each of us, especially as we begin a new school year. It encourages children to trust in God's loving guidance and to have hope for the future. As parents, it's a beautiful opportunity to instil confidence in our children, reminding them that God's plans are good and that He is always with them, no matter what challenges they may face.

Starting the school year with this promise can help children feel secure and motivated to grow in faith and knowledge.

How can trusting in God's loving guidance inspire your children to face new challenges with confidence and hope throughout the school year?

Pray

5. Spend a minute in complete stillness and quiet reflection, then say the prayer below together.

Dear Heavenly Father,

As we begin this new school year,
we thank You for the gift of learning and the opportunity to grow in knowledge and faith.
We ask for Your guidance and wisdom for our children as they face new challenges and adventures.
Please protect them from harm, fill their hearts with confidence, and help them to trust in Your plans for their lives. May Your Holy Spirit be with them in the classroom, at home, and everywhere they go.
Bless their teachers, friends, and families, and help us all to support one another with love and patience.
In Jesus' name, we pray. Amen.

Amen.

Living out the Message of Wisdom



6. Here are some simple ways children can live out the message of trusting in God's plan and embracing hope during the school year:

- Start each day with a prayer or a positive affirmation, trusting that God is with you.
- Be kind and encouraging to classmates and teachers, reflecting God's love.
- Practise patience and perseverance when faced with difficult tasks or challenges.
- Say thank you to God for the gift of education and the opportunity to learn.
- Help others who may be feeling nervous or overwhelmed, showing compassion and support.
- Remember to pray during the day, asking for God's help and guidance whenever needed.
- Share your faith by talking about God's love and how He helps you through your day.

We hope this resource inspires your family to start the school year with faith, hope and love. Remember, prayer is a powerful tool that can bring comfort, strength, and joy to your children as they grow and learn.

Blessings on your journey into this new school year!





